

# Being active is important for your Heart Disease

What good things could being more active do for you?



Makes you live longer



Improves energy, fitness and quality of life



Improves blood flow around the body



Helps prevent early death and hospital admissions

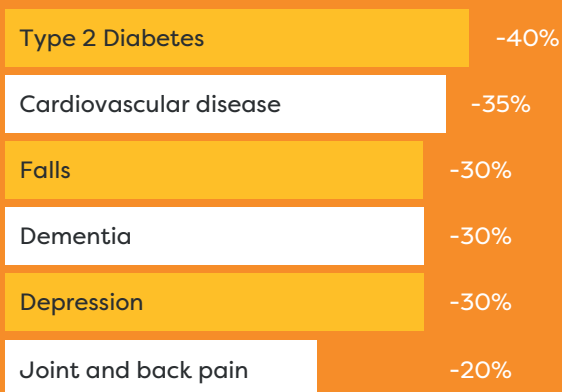


Helps prevent fatigue and stress

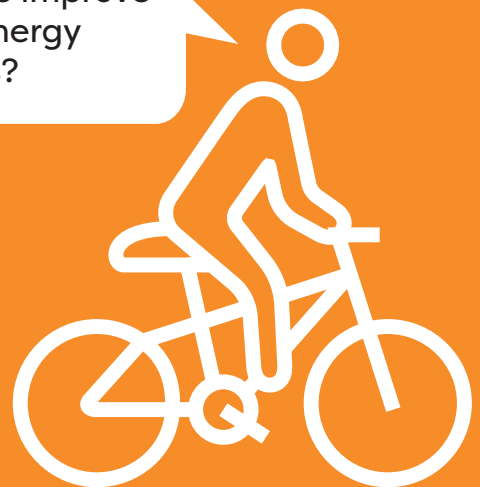


Lowers risk factors e.g. diabetes, high blood pressure

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:



How can being active improve my energy levels?



You feel less fatigue

You undertake regular exercise

Your heart and other muscles become conditioned

It becomes easier for yourself



## Follow these Top Tips to keep you active:

- 1** If new to physical activity start gently and build up gradually over 3-6 months
- 2** Adequate warm up and cool down of 5-10 minutes helps to minimise pain
- 3** Some discomfort during and immediately after activity does not mean damage. It is normal for anyone to experience some muscle soreness after doing a new exercise, particularly if not previously active. Over time, as your body adapts and strengthens, this will reduce.
- 4** Pace yourself and listen to your body – if after an activity you feel you've done too much, make a note, to do slightly less next time until you gradually build up
- 5** Progress by increasing frequency first then duration followed by intensity
- 6** Doing something you enjoy is more important than the exact physical activity you choose.
- 7** Regular stretching can help maintain a good range of movement in your joints
- 8** Try to undertake physical activity at the time of day you are most comfortable
- 9** Avoid strenuous activity during acute flares or periods of inflammation. When joints are swollen gentle range of movement exercises will help maintain movement until your flare up is over and you can return to being more active

## Build activity into everyday life:

